



US Army Corps
of Engineers
Galveston District

The Sand Castle

"A newsletter by and for the employees of the Galveston District"





SEASON'S GREETINGS



Volume 19 Number 12

The Sand Castle

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*A newsletter for and by
the employees of the
Galveston District*

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COMMANDER'S COLUMN

Once again, the Holiday season is upon us. November and December bring us Thanksgiving, Hanukkah and Christmas, to name a few, and these are very special times of the year as we focus on family and friends. Many of us will decorate our homes with lights, set up a tree in our living rooms, (we have FOUR aluminum Christmas trees in our family room) and exchange gifts with friends and loved ones. This is a time we celebrate and share our bounty with those close to us. As you go about the business of this holiday season, please take a few minutes thinking about your personal and professional accomplishments over the past year.



Col. Leonard D. Waterworth

Each of you have contributed to the success of TEAM GALVESTON. Whether it was a response to a congressional inquiry, scanning a document for the achieves, running a public hearing, writing a draft environmental impact statement, conducting a survey, executing a contract or completing a plan or design, each and every member of the team has made significant contributions to our success. Thank you for what you have done to enhance the great reputation the Galveston District.

After you think about your accomplishments, consider your future. Do you know where you're going; do you know where you want to be in 5,10,15 years from now and how you're going to get there? If you don't know where you're going, then most likely you are all ready there and will go no further. What are you going to accomplish next year? Do you have a plan? What are you doing to execute your plan?

This coming year will be filled with challenges. The Nation has shifted resources to fight the War on Terrorism; Members of Congress propose Corps Reform; and the administration and DoD want to reduce the federal work force and contract out more in an effort to give the U.S. taxpayer the best value for the money; and Congress has yet to pass a budget. These are some of the uncertainties in our future. How we handle these uncertainties will be a measure of our character. Some will focus on issues we have no control over and personal fear will overrun day-to-day lives. Others will have faith and confidence in their own abilities and the abilities of the Galveston team. These individuals will make decisions on the best available information and continue to provide great value to America.

Right now, I don't know how these issues will impact on us. I do know the work we do along the Texas Coast line is critical to the economic prosperity of our Nation. I also know we have done a great job as a district servicing local and national requirements, and the requirements will continue. Most importantly, I believe no one can do the job any better than you can. **WE DO GREAT WORK FOR AMERICA EVERYDAY.**

So in this Holiday season that has its beginnings in Faith, I have faith that your accomplishments will be recognized and that our future is still very bright. Do you share that faith?

Cheryl and I wish you and your family a safe and happy holiday and the best of New Years!

H E A D Q U A R T E R S



Throughout this year, I've been pleased to see Corps people reaching out to help each other. "The Corps takes care of its own" has been a U.S. Army Corps of Engineers principle for as long as anyone can remember, and we saw it in action again this year.

When Hurricane Lili seemed to take dead-aim at New Orleans District, Corps planning and preparation kicked in to transfer its missions to Memphis District. Fortunately, the storm missed New Orleans, and quickly fell from a Category 4 to a Category 2 hurricane. But the situation proved that if we have a "victim district" during a disaster, other districts could step in and take the load.

Another example of the Corps taking care of its own is in Southwestern Division. SWD has created a Critical Incident Stress Management program that provides peer counselors to help their people deal with on-the-job trauma. That attitude of helping others extends outside the Corps as well. In the past year, we played a major role in cleaning up the aftermath of the Sept. 11 terrorist attacks. In New York City, the Federal Emergency Management Agency tapped the Corps immediately for our expertise in debris removal. With our help, the partnership of agencies removed the debris from Ground Zero months ahead of schedule and \$55 million under budget.

The Corps also assisted in the efforts to manage the Staten Island Landfill, a search and disposal location for tons of debris. Through its prime contractor, the Corps mechanized the operation and provided other assistance to facilitate the search, which identified and accounted for 500 victims of the terrorist attack. Those actions helped speed the healing process for our nation after Sept. 11. In addition, Baltimore District is managing the competition to select a design for a memorial to honor those who died when the airliner struck the Pentagon.

The Corps is also taking steps to make sure such tragedies never happen again. We are committed to homeland security, and to preparing for and preventing future attacks. For example, the Corps is a valued member of The Infrastructure Security Partnership, a group of public and private organizations that work together on issues related to the security of the nation's built infrastructure.

And elsewhere...

Thanks to L.A. District, Los Angeles now has greater flood protection. Thanks to Kansas City District, Jasper County has no lead contamination in their residential yards. Thanks to Corps people, U.S. soldiers in Afghanistan have electrical power, real estate negotiation service, and construction service. And humanitarian projects that we assist are helping the Afghani people recover from the traumas of war and a repressive regime. As for the future, people throughout the Corps are learning the Project Management Business Process, the system that is revolutionizing how the Corps does business. We are becoming a Learning Organization where we will share lessons learned across the entire Corps.

All these and much more demonstrates the combination of personal caring and professional expertise that our people bring to their work. I'm very proud of what you have accomplished, and of the difference you have made in the nation, and in the world. The coming year will bring more challenges. But I have no doubt that if we keep taking care of each other, keep changing as an organization, and maintain our unique blend of personal compassion and technical expertise, we will face those challenges as well as we always have in the past. To prepare for those challenges, take time off this holiday season, relax, and enjoy being with your family and friends. Nothing is more precious than time spent with loved ones.

My family joins me in wishing you a safe and joyous holiday season, and a happy, prosperous New Year.

Essayons!

Robert Flowers, Lt. General

Congratulations to Brig. Gen. Crear

Col. Robert Crear, commander of the Southwestern Division, U.S. Army Corps of Engineers, headquartered in Dallas, was promoted to the rank of Brigadier General on Nov. 27 by Lt. Gen. Robert Flowers, the Chief of Engineers. The ceremony was held in Colonel Crear's hometown of Vicksburg, Mississippi at ten o'clock at The Assembly Hall, George A. Morris U. S. Army Reserve Center, Headquarters, 412th Engineer Command.



Col. (P) Robert Crear became the 31st Commander and Division Engineer, U.S. Army Engineer Division, Southwestern, on May 31, 2002. SWD is responsible for some 2.3 million acres of public land and water, 29% of the Corps' total area.

Crear came to the division after serving as the chief of staff, Headquarters, U.S. Army Corps of Engineers in Washington, D.C. Before his selection as the Corps' Chief of Staff, Crear served as the commander, U.S. Army Engineer District, Vicksburg. He has held various other command and staff positions in the U.S. and overseas.

Born in Vicksburg, Miss., Crear graduated in 1975 from Jackson State University, Jackson, Miss., where he received a bachelor of science degree in mathematics and a regular army commission as a second lieutenant in the Corps of Engineers. He holds a master's degree in national resource strategy from the Industrial College of the Armed Forces.

His awards include the Legion of Merit with oak leaf cluster, Silver De Fleury, Army Meritorious Service Medal with six oak leaf clusters, Army Commendation Medal, Army Achievement Medal with oak leaf cluster, Army Staff Identification Badge, Parachutist Badge, and he was the 1999 Chief of Engineers and Secretary of the Army Award for Small Business Utilization recipient. Crear has also been named a Society of American Military Engineers fellow.

The Southwestern Division is one of the U.S. Army Corps of Engineers' eight regional US Army Corps Of Engineers Southwestern Division headquarters worldwide and includes four district offices located in Little Rock, Ark., Tulsa, Okla., and Galveston and Fort Worth, Texas. The division provides diverse engineering and other services in all or part of seven states, primarily in three mission areas: Civil Works, Military Programs, and Support for Others, with annual programs totaling just over \$1 billion.

He and his wife, Reatha, also from Vicksburg, have been married 30 years. They have four children, Kristi, Kimberly, Robert Jr., and Reginald.

A Holiday Message from Brig. Gen. Crear

"The holiday season has arrived and with it all the hurry and "busy-ness" that always accompanies it. Families anticipate getting together to celebrate, cook those great dinners and enjoy their many blessings. Even those who are not home with their loved ones are especially conscious of all for which they should be grateful. If possible, be with your loved ones, enjoy your traditions, and soak up all the love around you. If you cannot be with them, call them or write them. Be in contact with your loved ones during this joyous time. This is meant to be a season of joy and rejoicing!"

"To our troops and colleagues away from home, give a "thank you" for their sacrifices so that you can be with friends and family. To those in need, extend a helping hand. To strangers, give a smile. To those with whom you have lost contact, renew your friendship. To those who are sad, provide your empathy and caring. Your good deeds to others will come back to bless you and yours."

"Drive safely, celebrate safely and ensure that your family has a great, safe holiday season to remember for years to come. Reflect on the past, renew your commitment to a better future and rejoice in today's bounty." From my family to yours — *Happy Holidays!*



Top, left: Maj. Hanus with Pat Kershaw and her prize. Bottom, right: Col. Waterworth presents Ana Gordon with an on-the-spot award.

Top, right: Col. Waterworth awards Alicia Rea with an on-the-spot award. Bottom, right: Bryan Herczeg receives an award from the U.S. Fish and Wildlife Service.

Townhall Meeting

Colonel Waterworth's briefing on outsourcing, incentive awards, and prizes was the highlight of this quarters townhall meeting.

The commander said essentially, the best actions employees can take pertaining to outsourcing are to continue to do our best for the customer. We need to give 110% of ourselves. He also said he would keep us informed as information filters down to him, however it would probably be the last of January or February before anything new came up.

The raffle held by the Recreation Committee was a huge success. They raised over \$300 for the Recreation Committee Funds. Major Hanus would like to thank all for the support in raising these funds.

Winners from the raffle included: Betty Voelkel, a USACE Tote Bag; Sam Watson, a USACE Polo; Pat Kershaw, television; and Guy Williams, holiday party tickets. Awards went to the following USACE members: Bryan Herczeg received an award from the U.S. Fish and Wildlife Service; Norm Rondeau, Eugene Patterson, Paula Wise, Byron Williams, Gloria Appell, Dolan Dunn, Janelle Stokes, Carolyn Murphy, and Fred Anthamatten were presented with commander's coins. Dalton Krueger and Mike Bragg were given commander's awards. EEO Counselor certificates were handed out to Robert Sherwood, Sharon Tirpak, Marianne Sefcik, Jayson Hudson, and Andrea Catanzaro. Also, Ana Gordon, Joy Smith, and Alicia Rea received on-the-spot cash awards for all their hard work.

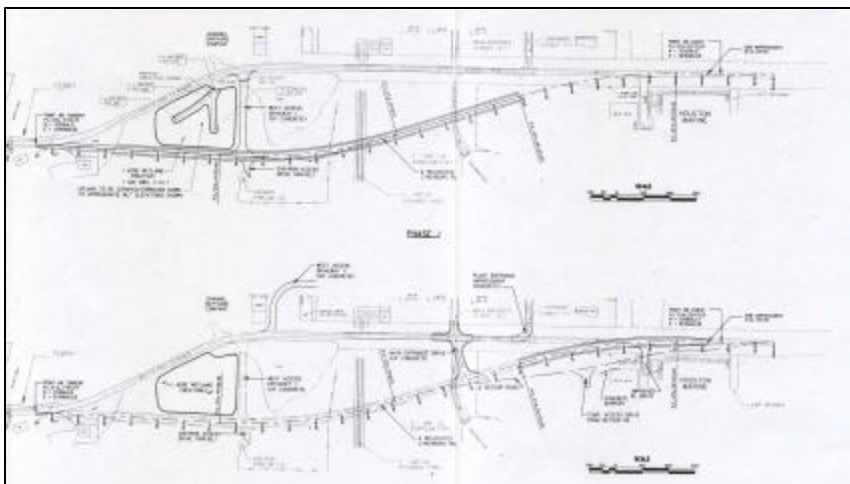


Lynchburg Pump Station Project Groundbreaking Ceremony

A ground breaking ceremony for the Lynchburg Pump Station Project was held Nov. 12, 2002. Officials from the Coastal Water Authority and the Corps of Engineers participated in this official beginning of the project designed to enlarge the levees surrounding a reservoir that feeds water from the Trinity River into the Houston water system.

The site is on a narrow peninsula near the northern border of Galveston Bay. It has subsided due to excessive drawdowns of underlying aquifers, and is now subject to flooding. Plans are the construction of a levee/floodwall combination around the perimeter of the station and the elevation of critical equipments, and waterproofing in watertight closures.

Ralph Rundle, executive director of the Coastal Water



Authority, was emcee for the ceremony.

Construction will not close down roads leading to the pump station, but delays are possible. Estimated construction period is one year.

Top, left: Col. Waterworth gives his welcoming speech. Top, right: Contractors, sponsors, Col. Waterworth and local leaders pose for the camera at groundbreaking. Above: The drawings of the new plans. Right: A small section of the pump station.





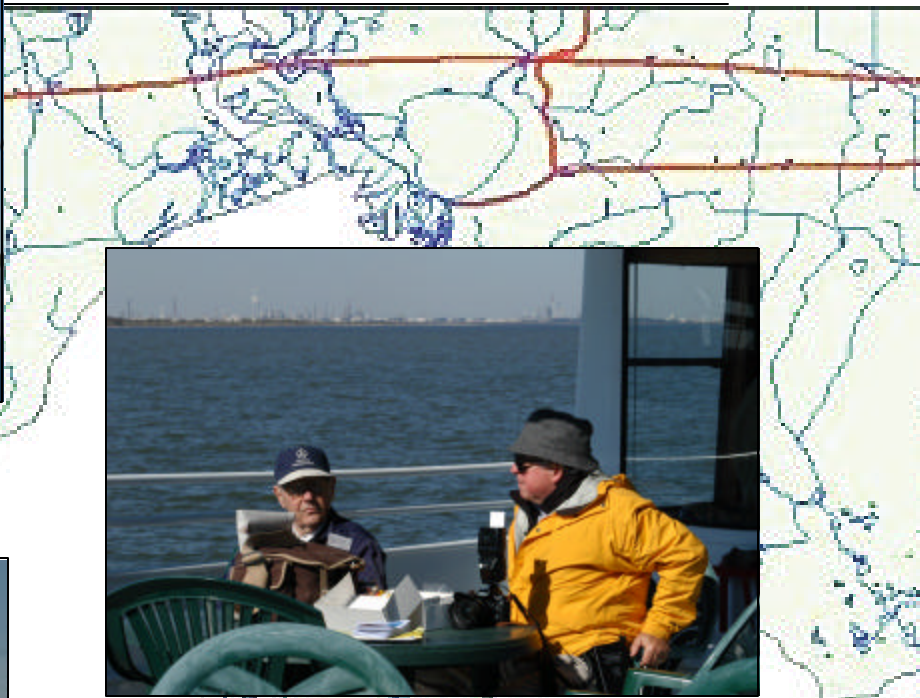
The Observer docked at SWG awaiting its guests for the afternoon.



The Galveston Causeway taken from the Observer.



Col. Waterworth visits with Ken Wells, American Waterways Operators and Raymond Butler, Executive Director of GICA.



George Shaver of Shaver Transportation sits with Bill Evans of "The Waterways Journal."

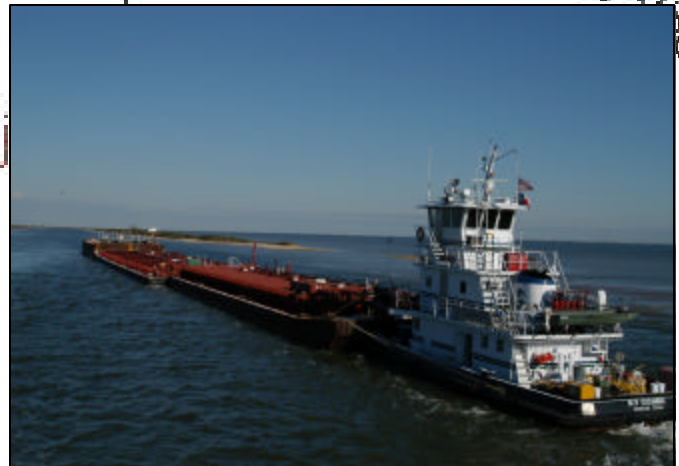
Galveston Bay



Herbie Maurer talks to Maj. Gen. Griffin on ongoing district projects.



Les Sutton, Kirby Marine and Raymond Butler, GICA take a moment to meet the major general.



A barge passing the Observer.

Corps Hosts the Inland Waterways User's Board

With salty breezes from Galveston Bay blowing in their faces, members of the Inland Waterways Users Board stepped aboard the Observer, a yacht belonging to Kirby Marine which was temporarily docked behind the Jadwin Building, for a trip down the Gulf Intracoastal Waterway to enjoy a highlight of the IWUB's regular meeting being held in Galveston.

The District provided board members with a description of points of interest, starting with the Bolivar Marsh and Ilia Island, beneficial uses sites on the Houston Ship Channel, and continuing down the channel until the boat reached Chocolate Bayou where its passengers unloaded at a chemical plant dock and were bussed back to Galveston.

The Texas City Wye, Pelican Cut Moorings, Galveston Causeway and Railroad Bridge, the Greens Lake Moorings, and the West Bay Washout were shown to the board members. These areas are all included in the High Island to Brazos River Feasibility Study.

Addicks and Barker Chief educates Harris County

On Nov. 21, 2002, Richard Long of Addicks and Barker held a briefing at the Harris County Precinct 3 Westside Service Center. The purpose of the meetings was to provide local government agencies information on the operations of Addicks and Barker.

Harris County representatives included Harris Co. Precinct 3, the Harris County Public Infrastructure Dept., Engineering Division, the Harris Co. Sheriff's Department, Harris Co. Constable, Precinct 5, and Houston Transtar, Harris County Emergency Management Traffic.

The group was informed of the following: a brief Corps of Engineers history and involvement in Water Resource Development, a brief history of Addicks and Barker reservoirs which included primary and secondary operating procedures, jurisdictional responsibilities and management of transportation routes were discussed for the City of Houston, Harris County, Fort Bend County, and the Texas Department of Transportation because the level of decision making for each agency is different, and problems were addressed concerning increased development, population increases, restrictions on water releases, increases in the frequency of flood events,

increases in ditch construction, and back water issues.

The Corps is currently taking steps to initiate a new upstream water impact study focusing on the adverse effects of urban growth and development in regions surrounding reservoir boundaries.

Richard Long takes time after meeting to answer questions from a concerned citizen.



District Holds Public Hearing for Shoreline Erosion

Residents of Port Arthur attended a public scoping meeting, held by the US Army Corps of Engineers, Galveston District on Dec. 3 on an erosion study that includes 90 miles of Texas shoreline, from Sabine Pass to San Luis Pass.

"The major problems identified thus far include the loss of land and damage to homes and commercial properties, destruction of nationally significant wetlands and significant damage to Highway 87," Dr. Lloyd

Saunders, Chief of Planning, Environmental and Regulatory Division reported.

The 90-mile study area is the largest single study ever undertaken by the federal government, according to Dr. Jeff Waters, planning.

Erosion rates in Jefferson County range from 5 to 15 feet per year in some places, threatening sensitive wetlands in the McFaddin National Wildlife Refuge and in Galveston County is threatening beachfront property.



Dr. Jeff Waters makes his presentation to residents of Southwest Texas on shoreline erosion.

Corps Employees, Feeling Stressed???

District hosts stress recognition seminar and reminds Corps of importance of CISM program

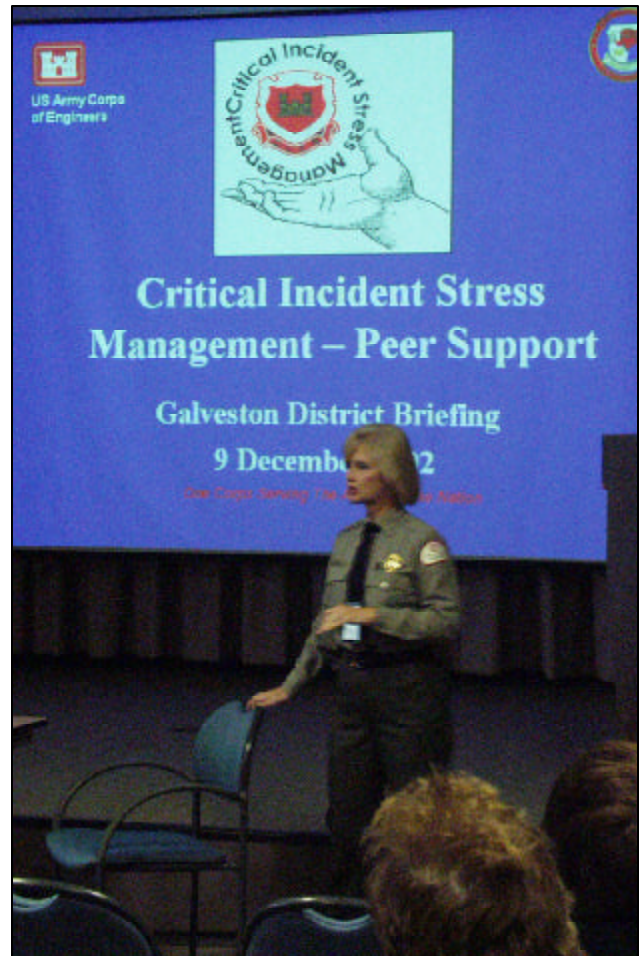
On Dec. 9, 2002, Jan Goldblum and Beverly Bonnett-King, with Family Service Center of Galveston County, and Kristine Brown, Addicks and Barker, presented a seminar on stress management. The two programs discussed Critical Incident Stress Management Program (CISM), a peer support program designed for “acute” incident assistance and Employee Assistance Program (EAP), a contracted professional health support program designed for “chronic” workplace assistance.

EAP is a confidential, volunteer counseling program for employees and their immediate family members who may need help in resolving personal problems. The program can help with depression, family, marital, relationship, work-related, alcohol/drug, and financial problems; or any situation causing individuals to feel worried or stressed.

Each District has an EAP volunteer representative. The EAP representative for Galveston District is Joy Smith. EAP volunteer representatives provide their own distinct EAP information. Contact Joy Smith, Real Estate, 766-3144 for information. Printed literature, brochures, and web site data are available. District EAP services are listed by SWD Human Resources on the SWF Intranet site at <http://www.swf.usace.army.mil/swd-cpac/galvdist.asp>.

A critical incident under CISM is any situation that causes employees to experience unusually strong emotional reactions.

Examples of these could be; death of a co-worker, death of a family member, assault or abuse, life-threatening experience, perception of serious threat, serious injury, suicide and homicide,



Kristine Brown, Addicks and Barker ranger, speaks on the CISM program.

or high-publicity events and crimes.

The program works to decrease the effects of CIS early on, before reactions become rooted. The strength of the CISM program is attributable to its employee or peer-driven process that is monitored by mental health professionals.

Employee volunteers or “Peer Supporters” are trained to increase understanding about mental health issues. Each District has a CISM volunteer representative.

The CISM representative for Galveston District is Kristine Brown. For more information about the program or how you can volunteer, please call Kris at 281-497-0740.

New Faces Around the Corps



Clifford Dominey is currently working in the Northern Area Office as a project engineer. He received a Bachelors of Science in Civil Engineering from the University of Texas. He is originally from Lufkin and transferred here

from the New Orleans District after about ten years. Prior to that he was a DAC at Fulda and Frankfurt, Germany.

He decided to move to the Galveston District because most of his relatives live in the Houston area. He just finished moving into a place in Jamaica Beach, and he's very glad to be here!



James Fawcett is currently working in the Planning and Environmental Branch. He received his Bachelors from the University of Nevada, University of Arizona, and California Western University in

economics and statistics. He moved here from San Diego, Ca, when given the opportunity to work for the Galveston District. He retired from the City of San Diego Engineering Dept. as an Engineering Economist after 25 years.



Traci Robicheaux is currently working in Contracting. She obtained her degree in Business Administration from the University of Texas and St. Joseph's College in Maine. She was born and raised on Galveston Island, so she was glad to be back.

When she was asked, "Why Galveston?" she said, "I wanted to live and work back home to be close to my family and my husband's family. My family lives here in Galveston and my husband's parents live in LaMarque. My mother is Joy Smith who works in Real Estate."

On a side note she said, "I started my career at the USACE-Galveston District as a high school student back in 1977. I met my husband, Warren Robicheaux, while working here. We went to the Ft. Worth District in 1980. I worked with GSA and DCASR until 1985. Warren stayed with the Corps of Engineers. We moved into the Houston area in 1985. I left federal service and worked in private industry. I worked with a private contractor who built switchgear for the US Navy. Our sons were born in 1989 in Houston. They were born severely premature at 23 weeks gestation, weighing little more than one pound. Many of the USACE Galveston employees donated blood on behalf of our son Eric. His brother, Alexander, did not survive. After the birth of our son, I went to work with the world renown Texas Children's Hospital in Houston.

I was a part of the Facilities Management Team that built the new Surgical Center and Patient Care Center. The last few years I focused on raising Eric and enjoying the title of "Mom". Eric is 13 now and is thrilled that I don't have as much time to focus on him. He is a 7th grader at Galveston Catholic School. I am very excited to be here at the Galveston District. My new home feels good. The people in contracting are very helpful and have shown me lots of kindness. I look forward to using my professional skills as a part of Team Galveston once again."



Haskell Wright is currently working in the Engineering Branch in the Geotechnical and Structures section. He received his Bachelors of Science degree from Texas A&M in Architectural Construction and his Masters from the

University of Texas Civil Engineering. Originally from Texarkana, he just moved back to Texas from Jacksonville, Florida.

When asked “Why Galveston?” he said, “I wanted to get back to Texas (for sure) and Aggie football (I hope), and there are great opportunities for me here in the District as a senior structural engineer. Galveston area is great!! Good climate, a lot of things to do, and it’s close to a big city, but still has a small city feel. I’m looking forward to everything south Texas has to offer.”



Steven Ireland is working in the Environmental Section. He received his degrees from the Univeristy of Massachusetts and the University of Rhode Island. He has a B.S. in Wildlife Biology and a M.S. in Marina Affairs. He

grew up in Massachusetts and came to Galveston originally in 1992 where he worked in Regulatory until 1998. He then moved to Denver, Co., where he worked for EPA.

When asked “Why Galveston?” he said, “1. saltwater fishing 2. There was a position available here that enabled me to make a career change and try something a little different 3. I married a Texan who grew up here and she wanted to return.”

District Honors Native American and Alaskan Cultures for the month of November

November was the month of recognition for Native American Indians/ Alaskan Culture. On Tuesday Nov. 12 and Thursday Nov. 14, SWG held a presentation featuring “In the Light of Reverence,” a video discussing both cultures. This was the first opportunity for the District to be introduced to these cultures.

“It was mostly an awareness of the heritage and culture and we look forward to more events in the future,” said Marianne Sefcik, manager of the Native American Indian/Alaskan Culture Committee.



A map showing the different indian tribes in the U.S.

Speakers were Joe Dilorio, President and COO of Blackhawk Management Corporation, Lisa Almendariz, President and CEO of Cherokee Integrated Technologies, Inc.

Certificates of appreciation were handed out to the speakers by Rose Caballero, Chief of EEO and Maj. Hanus at the end of the program.

EEO Introduces New Federal Women's Program Manager - Kim Crawford



Kim Crawford

As the Chief EEO Officer of the Galveston District, I, Rose Caballero would like to introduce to you Ms. Kim Crawford, the new

Federal Women's Program Manager (FWPM) for fiscal year 2003. Ms. Crawford is currently a Planning Lead in the Planning, Environmental, and Regulatory Division and an Emerging Leader. Ms Crawford has been with the Corps of Engineers for nearly three years. She holds degrees in Civil Engineering and Engineering Management.

We are extremely elated to have her as our new FWPM. During the year, the Federal Women's Program will plan several activities and events. These activities and events will promote

cultural awareness, eliminating discrimination, and ways to assure women equal consideration in all aspects of employment, training, and promotional

opportunities to which they are entitled under the law. During this fiscal year, the Federal Women's Program will be recognizing women of the Galveston District. Each month, FWP will showcase a woman in our District who has exemplified outstanding courage and performance in the workplace and/or her community.

We are very excited about being able to recognize our fellow coworkers and other events to come.

If you are interested in the Federal Women's Program, please contact Ms. Kim Crawford for upcoming scheduled meeting. Again, please join me in welcoming Kim Crawford as our new FWPM at the Galveston District.

If you would like to nominate someone for this honor please contact: *Deadline for this nomination is 3rd of each month.* Please include a short paragraph on why you feel this person should be awarded this honor.

What is Wellness?? And it's importance..

Submitted by Cynthia Burke



So, what is a Wellness Program, and how can we get one started for ourselves? A personal wellness program is just a plan to get from where we are to where we want to be health-wise. First, you have to define your goals. What is your most pressing health issue? Do you need to lose weight? De-stress? Lower your blood pressure or cholesterol? Deal with diabetes? For most of us, no matter what our health issues are, we will benefit from regular exercise. So how do you start?

Start simply! Pick a time of day – morning, noon or right when you get home from work – whenever is most convenient and painless for you. Choose an activity you enjoy. Think about how you are going to work it into your daily routine. Limit the amount of time you spend doing it, but do it at the same time each workday. If you shoot for every day you work, you'll usually get at least three days of exercise you aren't getting now. That is better than nothing. You don't have to go all out and kill yourself and commit half your life to exercising. It doesn't have to be a time hog. Just 30 minutes a day. Or 20 minutes! Something is better than

nothing, especially if you do it regularly. The simplest thing in the world is walking. Just go out the door, walk in one direction for 10 or 15 minutes, then turn around and come back. How easy is that?

When will you do it? You have three time slots to choose from. You can get up 30 minutes earlier in the morning and do it first thing. This is great if you've never done it before. You get to work ready for the day, already starting with a sense of accomplishment, your body feeling alive and tingly instead of cramped up and stiff. Makes for a much better workday.

You can exercise in the middle of the day. There are a lot of people in Galveston District who do this – we see them at the lunch hour, either headed out for a run, or to the Marine Corps gym to play basketball, or to our exercise room to lift a few weights or work out on the stair stepper. There are also folks who go into the conference room for the yoga class or to do aerobics by tape.



Working out in the middle of the day is good because it breaks the workday up, gets rid of stress, and makes the afternoon go smoothly. You also have a good chance of finding somebody to work out with, and that in itself can keep you going.

Another good choice is to come straight home from work, change into your gym clothes, and go right back out the door for a walk. Or better yet, stop by the gym before you go home. If you don't do it right after work, chances are you'll get caught up preparing supper and your evening activities, and you won't get it done at all.

Exercising after the workday is over is good because you give yourself time to transition from your work life to your home life. You stop in between and get rid of the day's stress. Your family is going to like you better because you'll come home much more relaxed and in a better frame of mind.

So now that you've got your exercise going, what is one simple thing you can do right now to improve your diet? You could decide to drink 8 glasses of water a day. You could add one fruit or one vegetable to each meal. You could stop drinking coffee all day long, and just drink it until noon. You could stop eating ice cream every single day (or whatever your personal indulgence is) and just eat it on the weekend. Or find a substitution for your indulgences – you could stop eating Ben & Jerry's and try Skinny Cow ice cream sandwiches instead. You know what you are doing in excess. Either commit to moderation, or find a substitution. As far as I can tell, total abstinence does not work.

Most people, if deprived of the little somethings they love the most, will rebound in a very negative way. The goal is balance. Have a LITTLE something, or have a less lethal something.

That's it! It can be that easy to move towards a healthier lifestyle. The key is to make it a pleasant thing to do, and then you'll keep doing it. Don't over-do it, and don't deprive yourself. Just be consistent. Before you know it, you will have an established exercise routine and better eating habits that will serve you for the rest of your life.

Please sign up for a time to donate blood. Letting us know that you plan to donate blood is important because:

- 1** It helps the Blood Center to serve you better by ensuring adequate staffing and supplies.
- 2** It saves you time. Scheduling an appointment keeps your donation time to 30 minutes.
- 3** It enables overall efficiency of the blood drive.
- 4** It enables the Blood Center to tell the hospitals how much blood we anticipate collecting. Hospitals plan surgeries based on the number of donations projected!!

Pearl Harbor Remembered

Robert Pietzsch shares article on family member, who was the first Texan to be killed at Pearl Harbor

printed in the Amarillo News

Army Air Corps Lt. Jay E. Pietzsch, an Amarilloan with a promising boxing career on the horizon, was the first Texan reported killed at Pearl Harbor on Dec. 7, 1941.

Born in Plemons in Hutchinson County, Pietzsch lived in Amarillo all his life. Pietzsch, for whom the Amarillo Chapter of the Disabled American Veterans is named, was reported killed in the Japanese attack on Pearl Harbor.

Anderson recalls the scene when her mother, Pietzsch's sister, received word of his death. "I remember the day my mother got the telegram," she said. "She lay across the bed and cried. I was a little girl."

"My mother told me he was running across the air field in Honolulu, Hawaii, to go to his plane. His legs were shot off, and he bled to death in the arms of a chaplain. He was only 27 years old; he was too young to die."

Amarilloan Burk Whittenburg said what he knows about his cousin is from stories passed down through the family. Whittenburg's father, Roy, and Pietzsch were cousins and best friends.

"They were real close," Whittenburg said. "Jay was an amateur boxer who was going to turn professional. My dad was going to be his manager, then he went into the Air Force. "My mother told me that when the news came that Jay E. had been killed, my father didn't shave for several days."

Bob Izzard, a World War II veteran and historian said, "Every kid Pietzsch's age, when he grew up, saw the war coming. You chose in your own mind when you were going through high school what you wanted to do.

"We knew sooner or later, we were all going to be involved; suddenly it was dumped in our laps. We didn't have half the military that the Japanese had."

Izzard, whose plane was shot down during the invasion in Normandy, said Pietzsch and others

"knew the price of letting freedom go. Pietzsch knew the price of freedom."

Willora Ivy said she attended Amarillo College with Pietzsch. "He was a nice boy, everybody liked him," Ivy said.

A Golden Gloves champion, Pietzsch was lauded for his athletic prowess. In 1951, Amarillo Globe-News writer Frank A. Godsoe Jr. wrote: "Pietzsch was a versatile athlete at Borger High School, Amarillo College and at West Texas State, a hard-hitting football back, a race-horse cager with an eye for the bucket."

"Jay E. was a premiere athlete," Whittenburg said. He added that his uncle S.B. Whittenburg once said, "Whenever Plemons would play basketball and Jay Pietzsch was playing, they would just destroy the surrounding communities in basketball, as long as Jay was playing."

"I've often felt as though Jay Pietzsch's was a story that ought to be told," Burk Whittenburg said regarding plans for the current presentation. "And, also, I felt it'll be beneficial to the people of the Panhandle.

"And I felt like it would be beneficial to the children in our family to know the connection and the character of Jay Pietzsch."



Jay E. Pietzsch standing beside a Vultee B-T-13 A Valiant.

Seaborne Paves the Way...



SCC members shovel materials for parade route.

Noticed anything new about the parking facilities? There is a new parade route being built by Seaborne Corps members. After a recent study done on the Jadwin Parking Facilities an agreement between SWG and Seaborne was made. SWG decided to provide the funding and supplies and the Seaborne Corps will provide the labor.

Work on the path was scheduled to be completed by Dec. 18, 2002, but due to several weather delays the deadline may have to be pushed back. "We were hoping to have it finished by December so the current Seaborne class would be able to take credit for all of their work," Bill Jakeway said. The current class graduates in the middle of December.

The Seaborne Cadets will use the parade route to march between the barracks and the mess hall instead of the main access roads around the Jadwin Building. This will greatly improve safety for the Cadets and eliminate inconvenience for SWG employees upon arriving and departing from work.

The path is 850 feet long by 8 feet wide. Total costs for materials were \$8,000.



SCC members level sand and gravel to the 850 foot long by 8 foot wide path. Completion date, if the weather cooperates is Dec. 18.

Five employees bring holiday support to Guam

Five of our Galveston District employees have decided to forego spending the Christmas Holidays with family and friends and have deployed to help others in need. Gus Marinos, Larry Dunaway, Norma Garcia, Reggie Thomas, and Michelle Clark, have volunteered for a 30 day TDY to a place with no gasoline, no electricity, and little potable water. Why would anyone go? Public service, helping those that need help, a once in a life time adventure, I'm sure there are different reasons for each individual.

As you may know, Guam, pop 150,000, was devastated by super typhoon Pongsona. The islands took a direct hit with 150 mph sustained winds and 185 mph gusts.

Guam has 32,000 people displaced due to damages. Rota has 350 homes destroyed or with major damage. All commercial power is out and it is expected to take 60 days to restore 80%. Forty-six of 112 wells are inoperable and all water must be boiled before drinking. There is almost no gasoline on the island due to a major fire at the tank farm. This fire was still burning as of Dec. 12.

Holiday Safety Tips

As the holidays approach, the U.S. Consumer Product Safety Commission (CPSC) is urging people to look for and eliminate potential dangers from holiday lights and decorations that could lead to fires and injuries.

Each year, hospital emergency rooms treat about 8,700 people for injuries, such as falls, cuts and shocks, related to holiday lights, decorations and Christmas trees. In addition, Christmas trees are involved in about 400 fires annually, resulting in 20 deaths, 70 injuries and an average of more than \$15 million in property loss and damage.

“Candle lighting ceremonies during Advent, Hanukkah and Kwanzaa are beautiful traditions,” said CPSC Chairman Ann Brown. “But keep matches, lighters and candles away from children and never leave burning candles unattended. These simple safety tips will help prevent many of the 10,000 candle-related fires that occur each year. Stay safe this holiday season; it’s the best gift you can give.”

The CPSC suggests following these tips to make your holiday a safe one.

TREES

When purchasing a live tree, check for freshness. A fresh tree will stay green longer and be less of a fire hazard than a dry tree. To check for freshness, remember:

- A fresh tree is green.
- Fresh needles are hard to pull from branches.
- When bent between your fingers, fresh needles do not break.
- The trunk butt of a fresh tree is sticky with resin.
- When the trunk of a tree is bounced on the ground, a shower of falling needles shows that tree is too dry.

Cut off about two inches of the trunk to expose fresh wood for better water absorption. Trim away branches as necessary to set tree trunk in the base of a sturdy, water-holding stand with

wide spread feet. Keep the stand filled with water while the tree is indoors. When setting up a tree at home, place tree away from fireplaces, radiators and other heat sources. Heated rooms dry trees out rapidly, creating fire hazards. Place the tree out of the way of traffic and do not block doorways. Use thin guy-wires to secure a large tree to walls or ceiling. These wires are almost invisible. When purchasing an artificial tree, look for the label “Fire Resistant.” Although this label does not mean the tree won’t catch fire, it does indicate the tree will resist burning and should extinguish quickly.

“SNOW”

Artificial snow sprays can irritate lungs if inhaled. To avoid injury, read container labels; follow directions carefully.

LIGHTS



Indoors or outside, use only lights that have been tested for safety. Identify these by the label from an independent testing laboratory.

Check each set of lights, new or old, for broken or cracked sockets, frayed or bare wires, or loose connections. Discard damaged sets or repair them before using.

Before using lights outdoors, check labels to be sure they have been certified for outdoor use.

Fasten outdoor lights securely to trees, house, walls or other firm support to protect from wind damage. Use only insulated staples to hold strings in place, not nails or tacks. Or, run strings of lights through hooks (available at hardware stores).

For added electric shock protection, plug outdoor electric lights and decorations into circuits protected by ground fault circuit interrupters (GFCIs). Portable outdoor GFCIs can be purchased where electrical supplies are sold. GFCIs can be installed permanently to household circuits by a qualified electrician.

Use no more than three standard-size sets of lights per single extension cord.

Turn off all lights on trees and other decorations when you go to bed or leave the house.

Lights could short and start a fire. Never use electric lights on a metallic tree. The tree can become charged with electricity from faulty lights, and any person touching a branch could be electrocuted! To avoid this danger, use colored spotlights above or beside a tree, never fastened onto it!

Keep “bubbling” lights away from children. These lights with their bright colors and bubbling movement can tempt curious children to break candle-shaped glass, which can cut, and attempt to drink liquid, which contains a hazardous chemical.

CANDLES

Never use lighted candles on a tree or near other evergreens. Always use non-flammable holders. Keep candles away from other decorations and wrapping paper. Place candles where they cannot be knocked down or blown over.



TRIMMINGS

Use only non-combustible or flame-resistant materials to trim a tree. Choose tinsel or artificial icicles of plastic or nonleaded metals. Leaded materials are hazardous if ingested by children. Wear gloves to avoid eye and skin irritation while decorating with spun glass “angel hair.” In homes with small children, take special care to:

- Avoid decorations that are sharp or breakable.
- Keep trimmings with small removable parts out of the reach of children. Pieces could be swallowed or inhaled.
- Avoid trimmings that resemble candy or food. A child could eat them!

FIRES

Before lighting any fire, remove all greens, boughs, papers, and other decorations from fireplace area. Check to see that flue is open. Keep a screen before the fireplace all the time a fire is

burning. Use care with “fire salts,” which produce colored flames when thrown on wood fires. They contain heavy metals that can cause intense gastrointestinal irritation and vomiting if eaten. Keep them away from children. Do not burn wrapping papers in the fireplace. A flash fire may result as wrappings ignite suddenly and burn intensely.

PAPER

When making paper decorations, look for materials labeled non-combustible or flame-resistant. Never place trimming near open flames or electrical connections. Remove all wrapping papers from tree and fireplace areas immediately after presents are opened. Do not burn papers in the fireplace. A flash fire may result as wrappings ignite suddenly and burn intensely.

General Rules for Holiday Safety

Keep matches, lighters, and candles out of the reach of children. Avoid smoking near flammable decorations.

Make an emergency plan to use if a fire breaks out anywhere in the home. See that each family member knows what to do. **PRACTICE THE PLAN!**

Avoid wearing loose flowing clothes — particularly long, open sleeves — near open flames — such as those of a fireplace, stove, or candlelit table.

Never burn candles near evergreens. Burning evergreens in the fireplace can also be hazardous. When dry, greens burn like tinder. Flames can flare out of control, and send sparks flying into a room, or up the chimney to ignite creosote deposits.

Plan for safety. Remember, there is no substitute for common sense. Look for and eliminate potential danger spots near candles, fireplaces, trees, and/or electrical connections.



December Birthdays

Travers Powell	Dec 2
Willis Walker	Dec 2
Alicia Rea	Dec 2
Kimberly McLaughlin	Dec 3
Charles Smith	Dec 7
Joyce Rac	Dec 9
Ricardo Vera	Dec 9
Marilyn Uhrich	Dec 10
David Voelkel	Dec 10
Tiffany Temeny	Dec 10
Thomas Portaritis	Dec 11
Robert Little	Dec 11
Carl Wipff	Dec 12
Patricia Hardeman	Dec 12
Enrique Villagomez	Dec 12
Rose Caballero	Dec 13
Mark Lumen	Dec 14
Vicky Crisp	Dec 16
Luis Reyna	Dec 16
Karen Carter	Dec 16
Nyokee Crawford	Dec 17
Charles Townsend	Dec 18
Reagan Richter	Dec 19
Sandra Morrison	Dec 20
James Few	Dec 21
Gary Johnson	Dec 21
John McManus	Dec 24
Robert George	Dec 24
Joel Berrey	Dec 24
Dennis Lanigan	Dec 26
Gretchen Leatherwood	Dec 26
Joseph Huskey	Dec 26
Willie Smith	Dec 29
Paula Wise	Dec 29
David Montgomery	Dec 29
William Wise	Dec 30
Karen Strain	Dec 31
Abel Conteras	Dec 31

Weddings

Jane and **Johnny Rozsypal** announce the marriage of their son, 1st Lt. Chris Rozsypal, to Liv Gude in Austin on Saturday, 1 Dec. 2002. They will reside wherever the Marine Corps sends Chris next. He is scheduled to get his "wings" as a helicopter pilot 19 Dec. in Pensacola, FL at which time he'll be given his next assignment, either California or North Carolina.

Congratulations to **Jerry Fritzching!** The lock and dam operator for the Colorado River Locks tied the knot with Jan Sims on October 26, 2002 at the Bay House in Bay City, Texas. The couple is extremely happy and is looking forward to many blissful years together.

Congratulations

Congratulations to **Col. Nicholas Buechler**, our former District Engineer! He is now the Executive Officer to the Director of the Army Staff. He sends his best and wishes everyone a safe, but happy holiday.

Congratulations to **Lt. Col. Randy Turner!** He has been selected as the next Deputy District Engineer for the Jacksonville District in Florida. He will be reporting in mid-July 2002. He says he is thankful to be getting back into the Corps.

Our Condolences...

- **Carol Hollaway's** mother, Cora B. Winkler Hoffman, 83, passed away on Saturday, November 23, 2002, in Galveston, Texas. The family received visitors Monday evening, November 25, at Malloy & Son Funeral Home with a rosary following. A funeral Mass was held Tuesday, November 26, at Sacred Heart Catholic Church. Graveside services were held at 3 p.m. on Wednesday, November 27, in Ballinger, Texas.

- **Travers Powell's** father, Edward Lee Powell, past away Tuesday, Nov. 19, 2002. Funeral services were held Friday, Nov. 22, 2002 at Carnes Brothers Funeral home

- **Norma Garcia's** brother, Mario Colon Perez, passed away Nov. 24. Services were held Nov. 27 at the Broadway Funeral home in Galveston.

A letter from Henry ...

My dear friends,

The decision point is at hand. Right or wrong I have made it. On January 3, 2003, I will retire. I tried to keep this quite and had asked my supervisors and others involved to not tell any one till I was sure. So if I asked me if I was retiring and I denied it, it was because I just didn't know yet. But now I am sure. My last day will be January 3, 2003. It was the hardest decision I have ever had to make. After almost 38 years, the Corps had become a way of life. It is hard to just cut the ties and say goodbye. I will miss all of you and the great place we have to work.

My biggest worry about retirement beside money is not being able to see all of you from day to day. It will take a period of adjustment but I am sure this new way of life will bring new adventures and I hope a lot of fun. I will be seeing you at the Art Walks, around town and anywhere there is something going on that is *free*. I feel that the Corps is fixing to go through some major changes. I hope the Galveston District and all of you weather the storm. I have seen several storms in my years with the Corps and we seem to always survive. For those of you that are thinking about retiring just hang in there, I'm sure the buy out will be the week after I retire.

Good Luck!

Henry Fleming

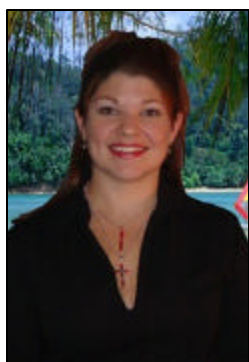
Kudos!

The Galveston District has once again come through!! The Combined Federal Campaign received \$25,084 in donations! That's 105% of our goal. Thanks again to everyone who donated!

Speakers

John Machol spoke at the Texas Environmental Resource Stewards meeting in Austin, TX, on Oct. 15, 2002. He presented a talk on the Galveston Districts use of Geographical Information Systems. He explained the Corps use of GIS for planning and regulatory purposes. The TERS effort will help identify the state's natural resources.

Graduations



WAY TO GO!
Wendy Jae Jones, daughter of Debby Jones, Southern Area

Office, will be graduating from Texas A&M Corpus Christi with a Bachelors degree in Business Finance.

GIG'EM AGGIES! We'd like to congratulate Jody Stephens in the Regulatory Branch. Our Regulatory cooperative student will be graduating Dec. 21, 2002 from Texas A&M University at Galveston. She will be receiving her Bachelors of Science in Ocean and Coastal Resources. She is planning to attend graduate school at TAMUG this spring.

CONGRATS!

Kristen Pietzsch, daughter of Robert Pietzch, mail room contractor will be



graduating Dec. 21, 2002 from Southwest Texas State University in San Marcos, Texas. She will be receiving a BBA degree in Computer Information Systems (CIS).

Safety First with District

The Galveston District closed FY 02 with the best contractor safety record in the Southwest Division - only three lost time accidents in 1.2 million manhours. This is down from 5 contractor accidents in FY 01, with about the same number of hours.

The three accidents involved a broken wrist incurred by a passenger on an all-terrain vehicle, a bruised shoulder to a worker who fell from a short step ladder after losing his balance, and burns experienced by a worker while performing electrical tests. Fortunately, none of the injuries were permanent, and corrective measures have been taken in all three instances.

The Corps' contractor partners continue to perform admirably under hazardous circumstances. Many times, the work is conducted 24 hours a day under fatiguing conditions in adverse weather.

The following safety awards were presented at the District's annual dredging conference to recognize the accomplishments of our contractors. The criteria for awards was no lost time accidents and worked at least 50,000 manhours in the District:

— KINGFISHER MARINE SERVICES, 200,383 Manhours.

— BRH GARVER, 109,847 Manhours.

— Zachary Construction, 104,598 Manhours.

— TW LaQuay Dredging for innovation in safety engineering and environmental awareness.

Other companies that conducted significant work for the District with no lost time accidents include TW LaQuay, Renda Marine, Luhr Brothers, Midwest Construction, and Phil Howry.

North Jetty Walkway now open

The fencing was removed on from the North Jetty Walkway, which means it is now officially reopened to the public. The North Jetty Walkway in Freeport Harbor, TX, was significantly complete on Nov. 22, 2002.

On Dec. 5, 2002, a final inspection was conducted and two minor deficiencies were found and corrected that day. According to Hayman Dengler,

"Fisherpersons are on site, someone needs to tell the fish it is dinner time."



Photo of the North Jetty Walkway.

Upcoming Events

December 13
Corps Christmas Party
11:30 - 6:00 p.m.

December 17
Townhall with
Gen. Flowers
10:00 - 11:30 a.m.

December 19
Beach Nourishment
Project in South Padre
Celebration

December 25
HOLIDAY
Christmas

January 1
HOLIDAY
Happy New Year!

January 15-17
Galveston Bay
Estuary Program

January 21
HOLIDAY
Martin Luther King Jr.

